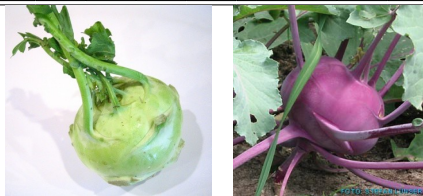


March 2010

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



Kohlrabi

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General Information

Fruit Tree 101—This program helps bring fruit tree orchards to schoolyards so students can improve the quality of the air and water while creating a source of tasty snacks for decades to come. Visit www.ftpf.org/fruittree101.htm to download an application.

Food Model Activities—Use the free resources about food model activities to teach basic nutrition. Go to the following website and download lesson plans for preschool to upper elementary at <http://www.nutritionexplorations.org/educators/lessons/foodmodels/foodmodels-main.asp>

Opening School Grounds—A toolkit was created to help schools and communities work together to develop joint use agreements in increasing access to recreational facilities on school grounds. Go to the following link for more information: <http://www.phlpnet.org/healthy-planning>. Look on the left side of the page and click on the link titled New Toolkit: Increasing Physical Activity through Joint Use Agreements.

Let's Get Physical: Being Active to Reverse Child Obesity— On April 8, 2010, the Robert Wood Johnson Foundation Center to Prevent Childhood Obesity is hosting a webinar. Sign up for this webinar at <https://cc.readytalk.com/cc/schedule/display.do?udc=bbpizmexdyj2>

Clifty Creek Elementary

Clifty Creek Elementary is big on wellness. They are an Alliance for Healthier Generation School, silver Healthy Hoosier School recipient, and have been focusing on wellness in their school long before the FFVP arrived at the school. For National Nutrition Month, the school decided to decorate the halls, bulletin boards, and the cafeteria in fruits and vegetables. Classrooms are doing fruit and vegetable trackers for the month of March, and the classroom that eats the most fruits and vegetables wins a prize. On the TV broadcasted morning announcements, students lead classrooms in morning exercises and talk about nutrition. Every month has a fresh fruit and vegetable theme, and by eating with the students, teachers encourage them to try the fruits and vegetables.



Contact Sarah Kenworthy at skenworthy@doe.in.gov to be featured in the next FFVP Buzz.

More Matters Contest

Dear Parents:

How do you get your kids to eat fruits and vegetables? More Matters wants to know!

In 1,000 words or less, let More Matters know how you maintain a healthy lifestyle, how you have lost weight, or how you get your kids to enjoy eating fruits and vegetables. Send your testimonial about how you have overcome your trials and tribulations and changed your life for the better!

Entry Deadline is July 1, 2010

Send Entry via E-mail:

contest@pbhfoundation.org

For more information, visit the more matters website below:

http://www.fruitsandveggiesmorematters.org/?page_id=9132



P.A.C.K. Week

P.A.C.K. Week was designed to encourage children to pack from home or pick from the cafeteria colorful fruits and veggies that match the designated color group each day. The colors for each day of P.A.C.K. Week are:

- Monday—Pack Purple Day
- Tuesday—Pack White Day
- Wednesday—Pack Red Day
- Thursday—Pack Yellow/Orange Day
- Friday—Pack Green Day



The P.A.C.K. website has free resources for nurses, food service professionals, teachers, and parents/guardians. For more fun, have children wear something to match the color of the day. You can download creative writing activities, classroom activity guide, activity sheets for older and younger children, posters, and logos. For more information, visit www.welchs.com/pack

Fun Food Quotes

“If people say if you eat dessert before dinner it will ruin your appetite — won’t eating dinner before dessert ruin your appetite for dessert?”

~ Author Unknown



“I’m not gaining weight - I’m retaining food.”

~ Author Unknown

“Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.”

~ Garfield/Jim Davis



“My mother’s menu consisted of two choices:

Take it or leave it.”

~ Buddy Hackett

“Food is an important part of a balanced diet.”

~ Fran Lebowitz

“There are four basic food groups, milk chocolate, dark chocolate, white chocolate, and chocolate truffles.”

~ Unknown



<http://lancaster.unl.edu/FOOD/food-quotes.shtml>

Indy's Children's Museum

Indiana families that qualify for temporary assistance, food stamps, or Hoosier Healthwise Insurance can attend the museum for only \$1 per person as part of the Access Pass Program. The museum recently added Conner Prairie, the NCAA Hall of Champions, Eiteljorg Museum, and the Indiana Historical Society as partners in the Access Pass Program. For more details, visit the Children's Museum online at

<http://www.childrensmuseum.org/accesspass/index.htm>.

National Salad Month

The month of May is National Salad Month. This would be a great way to introduce kids to the different varieties of lettuce available to them. According to current research, schools who purchased greater than 20% of veggies showed an increase in student veggie consumption. Even though students might not care for the veggies as well as fruit, it is very important to continue to expose those students to vegetables, and the National Salad Month would be a great way to introduce new fruits and vegetables in the FFVP and school lunch.

Classroom Menus for the Cafeteria

Grade Level: Upper Elementary

Heidi Wagner, third-grade teacher at the South Harrison Township Elementary School, Harrisonville, New Jersey, links classroom learning to the cafeteria. Students create school lunch menus to reinforce Five-Food-Group concepts taught in Arianna's Nutrition Expedition™. The cafeteria manager selects one to feature on the lunch line.

Advance Prep

- Talk to the cafeteria manager about your project and ask about the guidelines that must be followed when planning school lunches
- Set dates for submitting children's menus and announcing the winning entry to the students
- Create a checklist (or ask the cafeteria manager to create one) showing food groups needed and the guidelines for the students to follow

What To Do

1. Review what students learned about nutritious meals in **Arianna's Nutrition Expedition™** Activity 5, [Arianna Travels the Orient Express](#).
2. Transition into a discussion about lunch, and tell students that they are going to create a lunch they think kids would like to see on the school menu. Their job is to think about foods from the Five Food Groups that kids really like, then plan a balanced meal using those foods.
3. Break students into groups of 3 to 4 students. Have each group brainstorm foods and menu ideas that would work well for school lunch.
4. When students are done, have them create a menu using the checklist.
5. Collect menus, check for accuracy, and submit them to the cafeteria manager. Have the cafeteria manager visit the classroom to announce the menu selected.
6. Let students know the date the special menu is featured so they can plan to eat school lunch that day.
7. Create and distribute announcements, posters or flyers advertising the special lunch to the rest of the school.

Food Group Relay

Grade Level: Primary

Linda Brown, second-grade teacher at the Sabin Elementary school in Denver, Colorado, created this fun game make to sure that her students know the Five Food Groups.

Materials and Advance Prep

- 7 large paper grocery bags
- Marker
- Label one grocery bag "Team A" and one bag "Team B"
- Label the five remaining bags for each of the Five Food Groups - Milk, Meat, Grain, Fruits and Vegetables
- 4 x 4-inch pieces of drawing paper in two colors - 5 per student; make half one color and half another color

What To Do

1. Divide the class into two teams.
2. Provide each student with five pieces of 4 x 4-inch drawing paper, using a different color for each team.
3. Have students draw a food item for each of the Five Food Groups on their drawing paper. Make sure they draw pictures only - no labels.
4. Have everyone from Team A place their food pictures in the bag labeled "Team A" and everyone from Team B place their food pictures in the bag labeled "Team B."
5. Place the grocery bags labeled with the Five Food Groups on one side of the room and have the two teams of children line up on the other side of the room, as they would for a relay. Give each team their bag of food pictures.
6. Have the first player from each team reach into their bag and grab one piece of paper, run to The Five Food Group bags and place the picture of the food in the correct bag. Repeat until all of the pictures have been placed.
7. Check to see that all of the pictures placed in each bag are in the correct food group. On the chalkboard or a chart paper, record tally marks for each team ONLY for foods placed incorrectly. It's easy to identify the teams based on the color of the drawing paper. The team with the LEAST NUMBER OF TALLY MARKS WINS.